

EXERCISE CHART



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SEATED CABLE ROW
 1. Sit on the machine with feet flat on the floor.
 2. Grasp the handle with both hands.
 3. Pull the handle towards your chest, squeezing your shoulder blades together.
 4. Hold for a moment, then slowly return the handle to the starting position.

[illegible]

Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is performed by standing with feet hip-width apart, arms extended upwards, and lifting the hips to bring the knees towards the head. The hands are placed on the floor behind the feet, and the body is lifted into a bridge shape. This pose is beneficial for improving posture, increasing flexibility, and strengthening the back muscles.

[illegible][illegible]

PULL-UPS *Exercise*
Pull-ups are a great way to build upper body strength. They are a compound exercise that works the back, shoulders, and arms. To perform a pull-up, grip the bar with your hands slightly wider than shoulder-width apart. Pull your body up until your chin is over the bar, then lower yourself back down in a controlled manner.



1. **Cardiovascular Exercise:** Activities that increase heart rate and improve circulation, such as running, swimming, and cycling.

2. **Strength Training:** Exercises that build muscle mass and increase bone density, such as weightlifting and resistance band exercises.

3. **Flexibility Exercises:** Stretches and yoga that improve range of motion and reduce the risk of injury.

4. **Balance Exercises:** Activities that improve stability and coordination, such as standing on one leg or using a balance board.

5. **Core Exercises:** Exercises that strengthen the abdominal and lower back muscles, such as planks and sit-ups.

6. **Functional Exercises:** Exercises that mimic everyday movements, such as squats and lunges, to improve overall physical performance.

7. **Interval Training:** High-intensity workouts that alternate between periods of intense exercise and low-intensity recovery.

8. **Group Classes:** Structured workouts led by an instructor, such as Pilates, Zumba, and CrossFit.

9. **Personal Training:** One-on-one sessions with a certified trainer to create a customized workout plan.

10. **Home Workouts:** Exercises that can be performed at home using minimal equipment, such as bodyweight exercises and resistance bands.

RESEARCHER'S NOTE: The researchers found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength. The researchers also found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength. The researchers also found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength.



RECYMBENT BIKE
The recumbent bike is a low-impact, low-risk exercise machine. It is ideal for people with back pain, joint problems, or those who are new to exercise. The person lies back in a reclined position, which reduces stress on the spine and joints. The pedals are positioned in front of the person, and the resistance is controlled by a hand lever or a dial on the side of the bike.



Exercise 1: Sit-up
 This exercise is performed on a mat. The person lies on their back with knees bent and feet flat on the floor. They lift their head and shoulders off the ground, reaching their arms forward. This exercise strengthens the abdominal muscles.

Activity 1

Students are given a set of cards with different shapes and colors. They are asked to sort the cards into groups based on a specific attribute (e.g., color or shape).

Activity 2

Students are given a set of cards with different shapes and colors. They are asked to sort the cards into groups based on a specific attribute (e.g., color or shape).



RESEARCH: METABOLISM
 Metabolism is the process by which the body converts food into energy. It is a complex process involving many different chemical reactions. The rate of metabolism is influenced by many factors, including age, sex, and body composition. A man with a higher percentage of muscle mass will have a higher metabolic rate than a man with a lower percentage of muscle mass. This is because muscle is a metabolically active tissue, meaning it burns calories even when you are at rest. Therefore, men with a higher percentage of muscle mass will burn more calories throughout the day, even when they are not exercising.



Exercise 1: Seated Cable Row

1. Sit on the machine with feet flat on the floor.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight.
4. Hold for a moment, then slowly return the handle to the starting position.
5. Repeat for the desired number of repetitions.

RESEARCH OPPORTUNITIES

Ph.D. students are encouraged to apply for positions in the following areas:

- (1) Research in molecular biology and genetics.
- (2) Research in plant physiology and biochemistry.
- (3) Research in plant pathology and entomology.
- (4) Research in soil science and agronomy.

For more information, contact Dr. J. S. Boyer, Director of Graduate Studies, at the address above.






YOGA

Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a series of postures (asanas) and breathing techniques (pranayama) designed to improve flexibility, strength, and overall health. The practice is often associated with the goal of achieving a state of inner peace and enlightenment.

[illegible]

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Exercise 1: Side Plank with Resistance Band

1. Lie on your left side with your legs bent at the knees and feet flat on the floor.

2. Place your left arm on the floor with your elbow under your head.

3. Lift your hips and balance on your left forearm and feet.

4. Hold the resistance band with both hands, pulling it upwards towards your head.

5. Hold for 30 seconds.

6. Repeat on the other side.



QUESTIONS

1. What is the main purpose of the passage?
2. What is the author's attitude toward the dog?
3. What is the author's opinion of the dog's behavior?
4. What is the author's description of the dog's appearance?
5. What is the author's description of the dog's personality?

[illegible]



TELLING TYPE

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ESSENTIAL SAFETY

When you work with a hydraulic system, you must understand the safety hazards involved. Hydraulic systems can be extremely powerful. Failure to understand the safety hazards can result in serious injury or death.

Always wear appropriate safety gear. Use the proper safety gear and techniques to protect yourself and others. Use the proper safety gear and techniques to protect yourself and others. Use the proper safety gear and techniques to protect yourself and others.

Always use proper lifting techniques. Do not lift or move heavy loads without proper training and equipment. Use the proper lifting techniques to protect yourself and others.

Always use proper maintenance techniques. Do not perform maintenance on hydraulic systems without proper training and equipment. Use the proper maintenance techniques to protect yourself and others.

KINETIC VERTICAL ANALYSIS MACHINE

- UPPER PLATFORM
- VERTICAL FORCE TRANSDUCER
- SAFETY BAR
- AIR HOSE CONNECTION

Gym Manual Exercise

Thirumalaisamy P.
Velavancorresponding



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